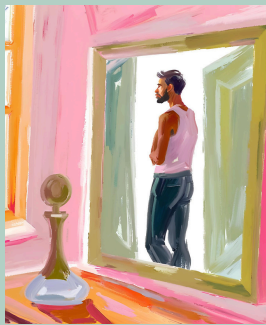


Professional help is available if you are concerned, about your harmful sexual thoughts or behaviour.

01.

Benefits of seeking support

- A chance to talk with a therapist who will listen without judgement.
- Support not just for you, but for your family so you can care for and encourage one another in this journey
- Taking responsibility for harm caused, assists you to heal and supports healing for those impacted by the harm.



Understanding

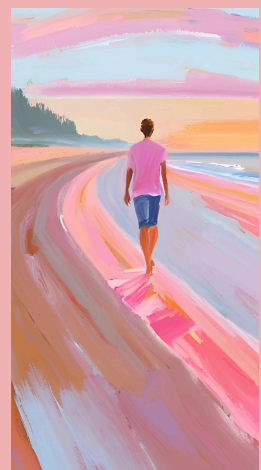
- Increase your understanding of how you got into this situation
- Explore options on how to make sure you are able to make better choices in the future, that are safer for you and those around you
- If you have experienced sexual harm yourself help is available through ACC

02.

03.

Build positive connections

- Learn about other supports available to you if you are feeling vulnerable
- Connect with people you feel safe to talk with
- An opportunity to put down your heavy load and heal
- Increase your confidence and faith in yourself
- Feel connected with others and also yourself
- You can live a safe fulfilling life



Safe Network
Northern North Island
09 377 9898

<https://www.safenetwork.org.nz/>

Well Stop
Central North Island
04 566 4745

<https://www.wellstop.org.nz/>

Stop
South Island
03 353 0257

<https://www.stop.org.nz/>

For more information check out www.ausnzinfo.com/nz